

PHAC XC Cross Country Schedule

FALL 2024

- NUMBER OF CONTESTS ALLOWED= 16
- MEET STARTING TIMES= MS BOYS at 4:15pm then MS GIRLS then VARSITY BOYS then VARSITY GIRLS
 - o All coaches need to agree prior to the day of the meet whether to run MS boys and girls separate or together.
- FIRST DAY OF PIM PRACTICE= Monday, August 12, 2024
- LEWISBURG/ PHAC MIDDLE SCHOOL CLASSIC= Saturday, October 5, 2024
- SHIKELLAMY / PHAC VARSITY CLASSIC= Saturday, October 12, 2024
- PIAA DISTRICT IV CHAMPIONSHIPS= Thursday, October 24, 2024
- PIAA STATE CHAMPIONSHIPS= Saturday, November 2, 2024

Division 1: Williamsport, Central Mountain, Shikellamy, Selinsgrove, Jersey Shore, Montoursville, Shamokin, Danville, Milton

Division 2: Midd-West, Mifflinburg, Central Columbia, Lewisburg, Loyalsock, Warrior Run, Hughesville, Mount Carmel, Southern Columbia, Bloomsburg

- RACE DAY 1: Tuesday, August 27, 2024 @ 4:15pm
 - o 8/27 – Warrior Run, Williamsport, Mifflinburg, @ **Midd-West**
 - o 8/27 – Bloomsburg, Central Mountain, Shamokin, @ **Montoursville**
 - o 8/27 – Mount Carmel, Shikellamy, Danville, @ **Central Columbia**
 - o 8/27 – Southern Columbia, Selinsgrove, Loyalsock, @ **Lewisburg**
 - 8/27 – Milton, Jersey Shore, @ **Hughesville**
- RACE DAY 2: Tuesday, September 3, 2024 @ 4:15pm
 - o 9/3 – Central Columbia, Williamsport, Shamokin, @ **Southern Columbia**
 - o 9/3 -- Loyalsock, Danville, @ **Central Mountain**
 - o 9/3 - Lewisburg, Hughesville, Shikellamy @ **Warrior Run**
 - o 9/3 - Midd West, Selinsgrove, Milton, @ **Bloomsburg**
 - o 9/3 - Mifflinburg, Jersey Shore, Montoursville, @ **Mount Carmel**
- RACE DAY 3: Tuesday, September 10, 2024 @ 4:15pm
 - o 9/10 – Danville, Bloomsburg, Hughesville, @ **Williamsport**
 - o 9/10 -- Central Mountain Lewisburg, Mount Carmel, @ **Midd-West**
 - o 9/10 -- Milton, Montoursville, Southern Columbia @ **Shikellamy**
 - o 9/10 - Mifflinburg, Central Columbia @ **Selinsgrove**
 - o 9/10 - Shamokin, Loyalsock, Warrior Run @ **Jersey Shore**

- RACE DAY 4: Tuesday, September 17, 2024@ 4:15pm
 - o 9/17-, Lewisburg, Williamsport @ **Montoursville**
 - o 9/17- Central Mountain, Central Columbia, Warrior Run, @ **Milton**
 - o 9/17- Shikellamy, Bloomsburg, Mifflinburg @ **Loyalsock**
 - o 9/17- Selinsgrove, Hughesville, Mount Carmel, @ **Shamokin**
 - o 9/17- Southern Columbia, Midd-West, Jersey Shore @ **Danville**
- OPEN DATE/MAKE-UP DATE #1: Tuesday, September 24, 2024
- RACE DAY 5: Tuesday, October 1, 2024@ 4:15pm
 - o 10/1 – Williamsport, Loyalsock, Milton, @ **Mount Carmel**
 - o 10/1 -, Mifflinburg, Hughesville, Southern Columbia @ **Central Mountain**
 - o 10/1-Shamokin, Midd-West @**Shikellamy**
 - o 10/1 - Warrior Run, Montoursville, Danville @ **Selinsgrove**
 - o 10/1 - Central Columbia, Jersey Shore, Bloomsburg @ **Lewisburg**
- RACE DAY 6: Tuesday, October 8, 2024@ 4:15pm
 - o 10/8 - Selinsgrove, Central Mountain, Shikellamy, Jersey Shore@ **Williamsport**
 - o 10/8 - Danville Shamokin, Lewisburg, Milton @ **Mifflinburg**
 - o 10/8- Midd-West, Central Columbia, Montoursville, Loyalsock @ **Hughesville**
 - o 10/8 -, Mount Carmel, Bloomsburg, Southern Columbia @ **Warrior Run**
- OPEN DATE/MAKE-UP DATE #2: Tuesday, October 15, 2024